

City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

MAY/JUNE 2013





TORRANCE TRAVELERS

On the go again!

SPACE SHUTTLE ENDEAVOUR

Thursday, May 16, 2013

LEAVES FROM WILSON PARK at 10:15 a.m.

RETURNS at approximately 3:00 p.m.

Torrance resident fee: \$90.00

Non-resident fee: \$100.00

****Tour is sold out! Call 310/618-2720 for wait list!****

The Shuttle has landed! *Endeavour* now on display in the *Samuel Oschin Space Shuttle Endeavour Display Pavilion*, located at the California Science Center. Along with the orbiter, the pavilion features video experiences and significant artifacts such as the *SPACEHAB* flown in Endeavour's payload bay on Shuttle Mission STS-118. Guests who come to see Endeavour will begin their experience in *Endeavour: The California Story*, a companion exhibit featuring images and artifacts including the Space Potty, which traveled into space aboard Endeavour, serving as a high-tech solution to one of space travel's most pressing concerns. *Endeavour: The California Story* celebrates Endeavour's many scientific achievements and its strong connection to California, where all the orbiters were built. This fascinating day begins with lunch in Beverly Hills at *Lawry's The Prime Rib*. Lawry's is an extraordinary restaurant – a place of grand style, classic elegance, luxurious comfort, and home of the world famous *Lawry's Seasoned Salt*. We'll each have our choice of Roasted Prime Rib of Beef; Chicken with Shitake Mushroom Sauce; or Grilled Salmon. All entrees include Mashed Potatoes and Vegetables, Salad, English Trifle, and beverage. After lunch, we head over to *Exposition Park's IMAX Theater* for a showing of a spectacular IMAX space film followed by ample time to view the Endeavour exhibition. Don't miss out on this exciting new opportunity!



GONDOLAS, GELATO, and GUIDED TOUR of LITTLE ITALY

Thursday, June 6, 2013

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 6:30 p.m.

Torrance resident fee: \$89.00

Non-resident fee: \$99.00

****Tour is sold out! Call 310/618-2720 for wait list!****

☛ **Due to the huge response to the Gondolas, Gelato and Little Italy in San Diego tour, there's a strong possibility of adding a second bus on Friday, June 7, 2013.**

If you are interested and would like to be added to the waiting list, please call the Registration office at 310-618-2720.

Come discover the jewel of San Diego known as *Little Italy*, the result of nearly 5 billion dollars of public and private redevelopment that has taken place in recent years. On this tour we will experience the very colorful neighborhood history of Little Italy that tourists and locals simply don't know about. From 1871 to the 21st century, the story of Little Italy, San Diego has been one of hope and despair, growth and decline, genesis, exodus and, today, renaissance. The tour showcases hidden neighborhood landmarks, historical homes and makes use of intriguing archival photos showcasing the world that was. After time for a no host lunch in Little Italy, we'll travel to Coronado Island to experience the magic and tradition of Venice right here in San Diego as we gently cruise for 50 minutes in a private gondola through the enchanting canals of the Coronado Cays. Our day concludes with a choice of homemade gelato handcrafted daily at the landmark *Cafe Zuccherro* in Little Italy. There will also be free time for shopping in Little Italy.



CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

May 11 9:30 a.m. – 2:30 p.m.	14 th Annual Senior Faire "Unleash the Power of Age"	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
May 21 10:00 a.m. – 12 noon	Seniors Don't Be Scammed! "Top 5 Scams"	Katy Geissert Civic Library Meeting Room
July 18 5:00 – 8:00 p.m.	Rock Around the Block Sponsored by the Torrance Historical Society	Torrance Historical Society Museum 1345 Post Avenue in Torrance

CENTERS

BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

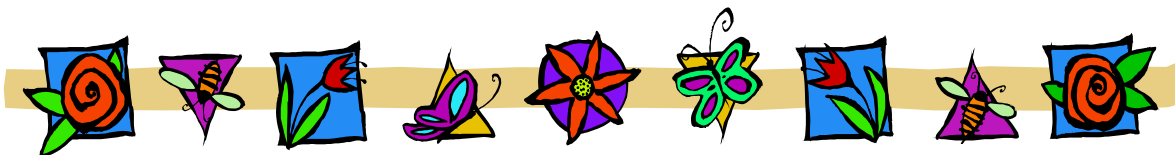
HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 p.m. to 4:00 p.m.
Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

MONDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55.00/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard	
WEDNESDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55.00/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:00 a.m.-3:00 p.m.	Beadwork Workshop	
THURSDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Ceramics Workshop	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55.00 /Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop	
	12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	"The Swinging, Singing Seniors" Newcomers WELCOME!	
	9:30 a.m.-11:00 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30 p.m.-4:00 p.m.	Bartlett Center is Open! Drop on in!	



Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.
HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month. Please call 310/320-5918 to make an appointment.



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

May 1, 2013: *Trouble With the Curve*

Rated PG-13 for language, sexual references, some thematic material, and smoking.

FEATURING: Clint Eastwood, Amy Adams, and John Goodman



June 5, 2013: *Bound for Glory*

Rated PG

FEATURING: David Carradine, Ronnie Cox, and Melinda Dillon

Movie for July: *Monte Carlo*

FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$39.00/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore and maintain joint range of motion * Toning and firming for flexibility and cardiovascular health

Intermediate Low Impact Aerobics Through Dance * 9:30 a.m. - 11:00 a.m.

Fee: \$39.00/Semester

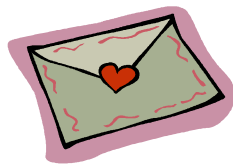
Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Low Impact Aerobics Through Dance * 11:00 a.m. - 12:30 p.m.

Fee: \$39.00/Semester

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*



Torrance Loving Care "TLC" Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.





THURSDAY AND SATURDAY MATINEES! **FREE MOVIES AND POPCORN** **BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.**

May 2 and 4

I Don't Know
How She Does It
 Rated PG-13 for sexual
 references throughout.

Sarah Jessica Parker
 Pierce Brosnan
 Greg Kinnear

May 9 and 11

Dream House
 Rated PG for violence, terror, some
 sexuality, and brief strong language.

Rachel Weitz
 Daniel Craig
 Naomi Watts

May 16

Bartlett Center is closed
 May 18 for the Armed
 Forces Day Parade

Bound for Glory
 Rated PG

David Carradine
 Ronny Cox
 Melinda Dillon

May 23 and 25

Hello Dolly!
 Rated G



Barbara Streisand
 Walter Matthau
 Michael Crawford

May 30
June 1

Red Riding Hood
 Rated PG-13 for violence and
 creature terror, and some sensuality.

Amanda Seyfried
 Gary Oldman
 Billie Burke

June 6 and 8

Cowboys & Aliens
 Rated PG-13 for intense sequences of
 western and sci-fi action and violence, some
 partial nudity, and a brief crude reference.

Daniel Craig
 Harrison Ford
 Olivia Wilde

June 13 and 15

Larry Crowne
 Rated PG for brief strong
 language and some sexual content.

Tom Hanks
 Julia Roberts
 Bryan Cranston

June 20 and 22

Contagion
 Rated PG-13 for disturbing
 content and some language.

Matt Damon
 Gwyneth Paltrow
 Jude Law

June 27 and 29

The Conspirator
 Rated PG-13 for some violent content.

James McAvoy
 Robin Wright
 Evan Rachel Wood

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310/329-1889

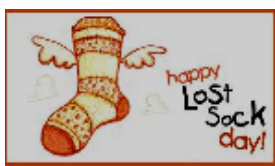
Tuesday, Wednesday, and Thursday 9:00 a.m. to 4:00 p.m.

TUESDAY	9:00 a.m. - 4:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	9:30 a.m. - 11:30 a.m.	CRAFTS 3 rd Tuesday of the month
	9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd and 4 th Tuesdays of the month
WEDNESDAY	9:00 a.m. - 4:00 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE 1 st Wednesday of the month
THURSDAY	9:00 a.m. - 4:00 p.m.	CENTER IS OPEN
	12:30 p.m. - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00



DID YOU KNOW?

May is **National Barbeque Month!** People often interchange the words barbecue and grill giving them the same meaning. Technically it's a misuse of each, so here's a bit of background information. Cooking meat such as hot dogs, hamburgers, and steaks over an open fire is grilling. Grilling can be dated back to the cave man days. However, barbecuing means slow-cooking meat at a low temperature for a long period of time over wood or charcoal, preferably not gas! So what, you might ask, should you do to celebrate this tasty month? Very simple: whether you plan to do low and slow BBQ, or just put some grill marks on a pack of hot dogs, sometime in May break out that outdoor cooker and fire it up! After all, it's all about the cookout!



May 9th is **Lost Sock Memorial Day!** Lost Sock Memorial Day recognizes your drawer full of unmatched socks. Each unmatched sock represents a missing sock. We never throw away our unmatched socks. After all, it may show up someday. Really? On Lost Sock Memorial Day, we suggest you spend a little time (as little as possible) searching for those missing socks. After a (very) brief search, and in good "memorial" spirit, spend a minute reflecting upon how warm and comforting the missing socks were on your stinky toes. Then, by all means, get on with your life. Today is also a good opportunity to toss out all of your unmatched socks.

June is ***Fight the Filthy Fly Month***, especially at the stables. In fact, on June 21st, many celebrate St. Leufredus' Day, the patron saint against flies. Fight the Filthy Fly Month is held in observance of the poor horses and other farm animals that must endure the daily bites of filthy flies. And they're not people-friendly either! Flies are a great menu item for frogs and lizards but otherwise, they carry typhoid, cholera, Salmonella, bacillary dysentery, tuberculosis, anthrax, ophthalmia, and parasitic worms. Yuck! So get some frogs, some fly strips, a bug zapper, or a fly swatter and fight those filthy flies! Basil in a flower pot inside the home or basil and mint outside the home is supposed to be a natural repellent, too. Definitely worth trying!



June 6th is ***Yo-Yo Day***! Yo-Yo day is here...hooray! Not that you need an excuse to play with your Yo-Yo. Wherever you are today, get out your Yo-Yo and impress your friends, family, and co-workers with your Yo-Yo skills. And, do it at work today! If you don't think it's appropriate at work, consider the fact that three U.S. presidents (Kennedy, Johnson, and Nixon) showed off their Yo-Yo expertise while in office! Its origin is hard to factually prove. Many believe that the Yo-Yo originated in China as early as 500-1000 B.C. However, there is some evidence that it was first used in Greece even before this time. Over the centuries the Yo-Yo has had its ups and downs (tee, hee). The Yo-Yo was made wildly popular in America by businessman Donald F. Duncan Sr. He manufactured the *Duncan Yo-Yo* in the early 1900's. Celebrate the Yo-Yo today by "walking the dog" or "shooting the moon," the most popular Yo-Yo tricks.

Just a few "*Fun & Amazing Health Facts*"

- ♥ Your heart beats over 100,000 times a day!
- ♥ Deep breathing gives you the health benefits similar to aerobics.
- ♥ Your hair grows faster in the morning than at any other time of day.
- ♥ Our eyes are always the same size from birth, but our nose and ears never stop growing.
- ♥ Every time you lick a stamp, you're consuming 1/10 of a calorie!



Senior Naturalists

Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo, Torrance
2nd Wednesday of Every Month ~ 1:00 - 2:00 p.m.



Free!

Are you curious about nature? Would you like to learn about the natural history of the South Bay? Invite a friend to this fun class where you will enjoy a short lecture, short stroll, and light refreshments.

For more information please call the Madrona Marsh Nature Center at 310/782-3989.

☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.

For more information, call 310/320-1300 or 310/320-5918